



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 2020					 for women February is Women's Heart Health awareness month. Wear red every Friday to help spread the word.	1
2	3 <u>Intergenerational Committee @ HS</u> 12:45 Leave Sandel 12:50 Leave Rec Center 12:45 Center Stage Chorus Returns 1:30 Woodcarving Workshop #4 1:30 Brain Fitness 7:00 Village Board Meeting	4 10:00 Men's Club Meeting with speaker from RVC Chamber of Commerce 11:00 Lecture: "Fall Prevention " presented by Physical Therapist Margaret Haller 1:00 Shopping @ Trader Joe's & CVS	5 4:00-7:00 Sandel Supper Club "Italian Night"	6 9:30 Cardio Dance NEW TIME 11:00 WINS Committee Meeting	7 12:00 Birthday Brunch special visit from Girl Scout Troop 885 \$4.00pp (\$5.00 charged day of event) National Red Dress Day Wear Red 	8
9	10 12:30 Friendly Callers Committee Meeting 1:30 Woodcarving CANCELLED 1:45 Headlines 2:30 Sandel Circle visit to Maple Pointe	11 10:00 Men's Club Billiards @ Atria Tanglewood 11:00 Lecture: "Heart Health" presented by Dr. Schiff 12:00 Lunch sponsored by the Grand Pavilion 1:00 Shopping @ King Kullen & CVS Wear Red	12 Regular Schedule	13 9:30 Cardio Dance NEW TIME 11:00 Senior Concerns Committee Meeting	14 12:00 Valentine Lunch & Party with Music by John Weber Hosted by Mike Fallon Wear Red	15
16	17 President's Day Center Closed	18 10:00 Men's Club Meeting "Programs & Activities for Seniors" presented by AARP 11:00 Artist Reception for James McDonald, owner of The Lost Dog 1:00 Shopping @ Trader Joe's & CVS	19 <u>Exploring Long Island 101—Roslyn</u> 11:00 Leave Sandel 11:15 Leave Rec Center	20 9:30 Cardio Dance NEW TIME 11:00 Special Events Committee Mtg	21 11:00 Brunch & A Movie "Peanut Butter Falcon" \$5.00pp Wear Red	22
23	24 1:30 Woodcarving Workshop #5 1:30 Brain Fitness	25 10:00 Men's Club Billiards @ Atria Tanglewood 11:00 Lecture: "Protect Your Assets" Presented by Silvagni & Como 1:00 Shopping @ King Kullen & CVS	26 11:00 Trip Committee <u>Intergenerational Committee @ HS</u> 11:20 Leave Sandel 11:30 Leave Rec Center 2:00 Book Club	27 9:30 Cardio Dance NEW TIME	28 10:45 Executive Board Meeting 1:00 General Meeting Wear Red	29
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
Key: * This program is made possible with funding from the NC Dept. of Human Services Office for the Aging, the NYS Office for the Aging & Administration on Aging.	9:45 Core* 11:00 Range of Motion* 12:45 Center Stage Chorus 1:00 Scrabble/Rummikub	9:00 Cardio Fit 10:00 Pilates 12:40 Yoga* 1:00 Cards 1:00 Canasta Free Play 2:00 Scrabble/Rummikub **To make a reservation for door-to-door shopping call transportation before 8AM \$2.00 transportation fee.	9:30 Stretch & Balance 10:30 Meditation 11:00 "The News" 12:45 Sit 'n' Dance 1:00 Cards & Dominoes 2:00 Line Dance*	9:30 Cardio Dance 10:30 Studio Art 10:30 Knitting & Crocheting 11:00 Card Making 1:00 Sing-a-long 1:00 MahJongg 1:00 Cards 1:00 Rummikub	9:45 Total Body Workout (Sponsored by Town of Hempstead)	Updated 1/30